

## Objective 32: Reduce the proportion of adults who smoke

Maryland SHIP Vision Area 5: Chronic Disease  
Tools, Resources, and Promising Practices  
updated February 2012



### Information, Facts, and Figures

#### [CDC Smoking Cessation](#)

Smoking cessation factsheet.



#### [Legal Approaches to Tobacco Control](#)

The University of Maryland Legal Resource Center for Tobacco Regulation, Litigation & Advocacy is dedicated to providing legal support to communities, community groups, employers, local governments, and State legislators and agencies interested in reducing the negative health consequences of tobacco use.



#### [The Community Guide—Tobacco Use](#)

Resources and recommendations for decreasing tobacco use.



### Maryland Services and Hotlines

#### [MD Quit line](#)

Provides users with resources to help people quit smoking.



#### [Maryland Resource Center for Quitting Use and Initiation of Tobacco](#)

Collection of statewide services for smoking cessation.



### Toolkit

#### [Quit Smoking Tools](#)

Tools to create a successful program to quit smoking. Includes interactive tools.



#### [Smoking Stops Here](#)

Guide and tool to promote cardiovascular exercise in local communities to reduce obesity and the incidence of death and disability from chronic disease.



#### [SmokeFree](#)

Includes resources and information to aid smoking cessation efforts. Includes fact sheets and tips.

